

# THE WASHINGTON TIMES DAILY MAGAZINE PAGE

## Volunteer Workers Direct Social Center Activities at Grover Cleveland School

Mothers, as Well as Children, Become Interested in Daily Programs Outlined For Summer Work of Neighborhood—School Orchestra Already Formed.

By MABEL E. WINSLOW.

**A** BUSY little girl was ruling lines on the blackboard—very straight white lines with never a hump or a wiggle. At length, satisfied with her work, she took up a long list and began to copy it in the nearest of printing. First of all came a big "Monday," then the busy little girl wrote the following program, after a scientific pause to observe the effect:

10-12, sewing, Mrs. McLeod.  
10-11, crayon class, Miss Simonton.  
10-11, game class, Miss Simonton.  
10-12, basketry, Miss Carr.  
10-12, crocheting, Miss Carr.  
Cross stitch, Miss Blair.  
7 p. m., volley ball, boys vs. girls.  
7 p. m., ring games, Miss Strasser and Miss Schaefer.  
7 p. m., baseball, second team.  
8-9, modern dancing, Miss Norton.  
After this she went on to copy the schedule for an evening, then, Tuesday, an exciting Wednesday, a delicious Thursday, and a triumphant Friday, all part of the weekly cycle of activities at the playground and Margaret Wilson Social Center ground of Grover Cleveland School.

On Tuesday, for instance, come sewing, paper cutting, basketry, and cross-stitch work, games of baseball and volley ball, a balance board contest, and, most popular of all, showers, an orchestra rehearsal and the rhythm class.

The Wednesday feature is perhaps the preserving lesson by Mrs. E. E. Oliver, though the dancing in the evening is a rival attraction for the young people. On Thursday comes the sunset story hour—the happiest time of the whole week's work to the smaller children. Every Friday there is a free entertainment for the people of the neighborhood, usually a lecture of current interest. Saturday is only a half day, but in the morning the girls are dyeing their rhythm dresses and making costumes for a play that is to be given on July 20.

There are four people in particular who are working hard to get everyone in the neighborhood interested in some branch of the summer work. First comes Miss Frances Fairley, principal of the school, whose progressive ideas have made possible the complete equipment of the social center and the ever-increasing opportunities which it offers to the young people. Then there is Mrs. E. E. Oliver, who must spend the summer months anywhere in the vicinity of Eighth and T streets northwest.

Miss Cecil B. Norton is director of the playground and social center. She has charge of the classes in rhythm and modern dancing, planning the programs for the Friday entertainments and seeing to it that every child at once to help where she is needed.

Miss Edna Carr is assistant director of the playground and in addition she teaches all the basketry days her room is overcrowded with an eager group that sometimes hops up and down in its eagerness to learn a new stitch in raffia, or a new weave in basketry.

**Volunteer Corps.**  
The fourth member of the executive staff is Clarence Berkeley, the janitor, who manages to preserve perpetual peace among the various boys' clubs, and decides all questions regarding the use of the playground apparatus.

Even with these officers in command, it would not be possible to give individual instruction in the industrial arts to so many children and grown-ups were it not for the assistance given by the volunteer corps, who are giving their help where it is not possible to pay salaries.

Miss Elsie Strasser, herself a Grover Cleveland alumna, gives instruction in embroidery and crocheting several times a week. Yesterday, however, she was cutting out some blue chambray aprons, which were to be stamped and prepared for embroidery.

Miss Elsie Schaefer is also helping with embroidery. Miss Bernice Blair is the cross-stitch specialist. Recently the younger children have been embroidering blue and pink bibs, a simple cross-stitch design, including a fat puppy with a most intelligent expression, a squirrel amiably regarding a tree his own height, and a family of ducks posed according to size, just like the "Three Bears."

Mrs. Melvin Conner and George McLeod, mothers of the neighborhood, give lessons in plain sewing and cutting, while Mrs. Tenley and Mrs. Helen Smith help whenever there is any costume making to be done.

Miss Estelle Simonton has charge of the crayon class and directs some of the games, and the ninth volunteer worker is Miss Golder Norton, who assists her sister in teaching the rhythm on Tuesday evenings.

**Cooking For Mothers.**  
Mrs. E. E. Oliver, a cooking expert, has a class on Wednesday mornings that is becoming popular with the mothers who live near by. Last week she made ten glasses of

Jelly and jam, at a cost of 88 cents for all materials. This amount, when sold at 15 cents a glass, would yield a profit of nearly \$1. This week she will preserve cherries and utilize the surplus juice as the basis for jelly. In all her lectures she will endeavor to show how to eliminate waste by making use of materials that might be overlooked. By combining several fruit flavors a distinct saving in expense will be the result.

Mrs. Oliver follows the theories of John Sherman, superintendent of weights and measures, in believing that the high cost of living is to a large extent due to a lack of intelligence on the part of the housekeeper regarding the most advantageous use of foodstuffs. In her lectures, Mrs. Oliver frequently suggests ways along which the women may work ahead for themselves toward the solving of their own home problems.

This week the social center has been particularly lucky, because two of the dearest dreams of the workers are in a fair way to come true. Miss Ida Ullman has promised to organize a school orchestra, for one thing. The orchestra will meet once a week, on Tuesday evenings from 7 to 8, and all the children attending Grover Cleveland School who can play any orchestral instrument are to be urged to join it. If successful, the orchestra will be available for the play and dance and other productions will be made more completely individual.

**Dancing On Roof.**  
The second piece of good luck is so very joyous that Miss Norton did a triumphant dance to celebrate the event. It's nothing more nor less than an order from Stephen Kramer, assistant superintendent of the District schools, that the roof of the school be wired for electricity.

"Oh, this will mean ever so many extra things," said Miss Norton, happily, "our dances up there instead of down in the assembly hall, rhythm classes out-of-doors and a cool place for mothers to come. We have been wanting to have the roof for night use ever since the social center was started here, and it's come true at last."

"The dances, you see, are well attended. When on Monday night, hot as it was, eighty-five boys and girls came. Not all of them danced, but the girls, aided in making the decision just yet whether dancing is the best thing to bring the young people of the neighborhood together, but as far as I know it is. Then, too, it has been so successful in other cities that I'm sure it deserves a fair trial."

"There are other occupations that are less strenuous, but for my part I believe that some healthy perspiration is better for the boys' health, for instance, than loitering on the street corners smoking cigarettes. When we have our own place, we can have our phonograph right along with us and there won't be anything else to worry about."

**The Lecture Course.**  
"We are doing our best to make our summer work really worth while in a number of ways outside of the regular classes. There is no more effective way of doing this than by our Friday evening entertainments. Now there was the lecture last week by William F. Peabody, vice president of the Safety First Association. He showed pictures illustrating the dangers of automobiles to learn 'A' is for automobile alert. C is for car-be careful. W don't think anyone in that game will ever forget those three rules."

This week we hope to have Mr. Leopold of the Bureau of Mines tell us how presence of fire-damp may be detected by its effect on the mechanism of a lamp. A lecturer from the Public Health Service may come on the week following, to show us the hour for shower baths, and the hour for shower baths. She looked at them sympathetically. It was a very hot day, and she called, by way of an emphatic conclusion:

"You see, we believe in trying here, and if we try to do a lot we'll be sure to accomplish something."

**Settling New Home.**  
During the first week they were busy hemming towels, tablecloths, and napkins, and were expressing their taste and ingenuity in hanging curtains and pictures, placing furniture, arranging dishes in the china closet, and in getting acquainted with the problem of cleaning and settling a new home. Since the opening, the first week in December, the girls have done all the work connected with the school except caring for the furnace. They have built the fire in the kitchen range and have done all the cleaning and all the laundry work.

The girls have been divided into groups of about ten, one group under the supervision of each teacher. Thus, one division attends on Monday and Tuesday afternoons from 4 to 6; a second attends on Monday and Tuesday evenings from 7:30 to 9:30; a third division attends on Wednesday and Thursday afternoons of each week, a fourth on Wednesday and Thursday evenings; a fifth on Friday afternoons. Friday evening being reserved for social gatherings.

The group of girls having sewing one week has housekeeping the next and cooking for the fourth lesson, coming back to sewing for the fifth lesson. The afternoon classes are made up chiefly of children from the grammar school and the evening classes of working girls who are employed during the day.

**Furnishing and Decorating.**  
The pupils were confronted with the task of furnishing and decorating a house at the least possible expenditure—the problem that confronts every family of moderate means. The pupils of Technical High School selected the wallpaper, planned the color scheme to be carried out in the different rooms, se-

## FEMININE FOIBLES & By Annette Bradshaw



IT WON'T INTERFERE WITH BUSINESS.  
She—The doctor says I must have a good, long rest in the mountains.

## Teaching Children Art of Home Making

Notable Experiment Being Developed in Public School System of Providence in Co-operation With Factory Girls' Homes.

**A** NOTABLE experiment in the teaching of "homecraft" is in progress in Providence, R. I., where, under the guidance of vocation experts, girls of school age are instructed in "home-making."

Ada Wilson Trowbridge, writing in the July Bulletin of the National Association of Corporation Schools, thus describes the scope and activities of its Willard Avenue Home School, established through the efforts of former Superintendent Randall J. Condon:

A five-room flat, rather below the average, perhaps, situated at Willard avenue, in one of the thickly settled districts of the city, was selected, the object being to show what may be done to make the ordinary tenement attractive and homelike. The arrangement of rooms was well adapted to the new enterprise, including a hall, living room, sewing room, dining room, bedroom, kitchen and bathroom, and a basement laundry, thus bringing a lesson of responsibility as well as appealing to the home-making instincts of a girl's nature.

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lected furniture, paint and floor stain, and made and decorated the simple, tasteful curtains. The boys, as well as the girls, aided in making articles for the home school, contributing picture frames, ironing boards, towel racks, a cabinet for the bath room, a large clothes frame for the laundry, an ornamental lamp, and other articles of home use and adornment. So before the home school was opened it had served as the most practical sort of a laboratory for many students in home economics.

A comprehensive course in housework has been carried out, including:

1. Bed making and all that pertains to the hygienic care of the sleeping room.
2. Bed making for the sick and care of the home sick room.
3. Cleaning, sweeping, dusting and care of the floors, rugs, curtains, and draperies.
4. Laundry work: the theory of cleaning, how to bleach and to remove stains.
5. How to serve meals: how to spread the table and care for the linen, table manners.
6. Informal talks on hygiene.
7. Informal talks on books.

**Preparing the Meals.**  
The work has embraced what to do in emergencies, the care of the hair, the teeth, the complexion, the feet, and other matters.

The problems of the selection of all articles for home adornment and use, the selection of something that enters into the making of a home. Beginning with cleanliness as the basis of all beauty, a simple consideration of color and form, and use has followed, reaching out, in this way, into all the aspects of the home, material and spiritual. To give through the home an ideal of good taste that may be lived into every phase of existence has been the motive of the work.

In all departments of work the cost of materials has been discussed and the relation which one expenditure bears to the other household expenses. Precept and example have been given to show the wisdom of consideration of color and form, and use has followed, reaching out, in this way, into all the aspects of the home, material and spiritual. To give through the home an ideal of good taste that may be lived into every phase of existence has been the motive of the work.

**Co-operation With Home.**  
In every way possible the Home School has been put in direct co-operation with the homes of the children, to establish that human relationship between teachers and pupils and parents which it is al-

most impossible to establish under the more formal conditions at most public schools.

How to take care of younger brothers and sisters has received special discussion in the home-keeping classes and the girls have been taught to bring their home problems in millinery, dressmaking, or any other line to the teachers of the Home School for assistance. In small groups the mothers have been invited to the school and for some of the mothers the children have prepared and served simple meals.

No lessons are more popular than those of hygiene and the girls have offered to remain after hours if they might have extra work along this line. Many of the requests sent in for new books on the theory of hygiene and much interest has been shown in the discussion of ventilation, pure water, sanitary drinking cups and other matters pertaining to health. This is a particularly hopeful sign, for when the factory girl herself is intelligent enough to demand sanitary conditions under which to work and sanitary tenement in which to live she will get them.

As the most thoughtful educators for some time past have been working on their problems with a view to meeting more practically the demands of the community, the Home School is an opportunity for putting inspiration into the drudgery of daily necessity and for capturing the soul that will one day express itself in the relations of wife and mother.

### Hawaii.

There's a path of gold on the ocean's breast.  
When the lamp of the day swings low,  
And it leads the way to a land of rest.  
Where the palm and olive grow,  
No strife is there, nor want, nor care,  
Nor taint of human ill;  
It basks away in a blue-girt day,  
Like a night that is deep and still.  
There's a velvet stir in the darkening gloom,  
And a hush of the drowsy sea,  
With a white-lipped wave from her coral home.  
And a whisper of mystery.  
The realm of the deep is hushed in sleep.  
By a dreaming seabird's cry,  
While overhead, with a silent tread,  
The sentry watches move by—  
W. P. Burns, in Leslie's.

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## Animal Tissues May Live Long After Separation From the Parent Body

By DR. LEONARD KEENE HIRSHBERG.

**M**AN is an animal of a threefold nature: that is, of vegetative, sensual and intelligent parts. Brought creatures to a degree lack the last, and the plant kingdom, so far as we know, has only the first.

When a surgeon takes a layer of living skin from a man and grafts it over the seared flesh of a burned child; when he transplants a bone from the leg of a sheep into a man's arm, he takes a living, vegetative part of one and makes it fuse and grow into the other.

Five years ago Prof. Ross G. Harrison of Yale University completed a long series of researches which proved that fragments of tissues removed from frogs and tadpoles could live, grow, increase and multiply even when separated from the parent body, and providing a bit of lymph or other nourishment was around it.

Pieces of muscles and skin were then taken by Dr. Harrison and placed in a dish of lymph and blood serum. These, too, grew and developed just as if they were still attached to the living body. Even a rudimentary nervous system came into being in a conical lymph.

**Hearts That Lived.**  
To say that this discovery of Prof. Harrison started the scientific, philosophical and medical world is to put the matter mildly.

As far back as 1887, Drs. Renard and Loe had observed the heart of a de-capitalized criminal, separated from all its nerves and neighboring tissues, continue to beat 25 minutes. Nearly 15 years later, in 1900, Dr. Rehn, a French surgeon, restored a heart to life by passing a 100-minute after it had been seemingly as dead as a steel rod.

Experiments have shown a dog's heart to beat four days after the canine's death, a cat still longer, and a turtle's heart to live and throb eight days after its removal, while the elements and organs of the embryo chicken heart, planted in a suitable material, beat and grew for nearly a year, and is still thriving and growing almost three years after it was "cultivated" by Dr.

Some Amazing Experiments.  
Physiologists have adopted a simple expedient to keep the hearts of animals alive for experimental purposes. One experimenter used the hearts of frogs, chickens, rabbits and birds removed from the animals used on the dinner table of his friends, who were anti-vivisectionists. Diluted milk, salt, water and similar fluids were passed into the hearts, and they could thus be kept alive and throbbing at the normal pulse rate for hours and days. When the hearts used came from animals gluttenously eaten, they grew, increased, branched out, and contracted for months and months as only a muscle can.

In 1906 that Dr. Carrel put much of his laboratory knowledge to practical account by grafting fragments of arteries or veins of animals similar to those from which they were removed.

In 1907 the largest artery of a cat was split, and the jugular vein of a dog, seven days in a refrigerator, as well as an artery twenty days old, were stitched to it. The animal was soon well and lively, a testimony to his skill and ingenuity.

Two years later this indomitable surgeon extirpated a dog's kidney, put it on ice for almost an hour, then sewed it back into place. Subsequently the sound kidney was removed, never to be restored, and the dog remained alive and well thereafter.

**Answers To Health Questions**  
Miss L. L.—What do you advise for superfluous hair?  
Try this powder carefully:  
Sodium sulphate ..... 1 dram  
Quicklime powder ..... 5 grains  
Crushed starch ..... 54 grains  
Make some of the powder into a paste with water and apply with a flat stick to the overgrowth of hair, allowing it to remain on for five or ten minutes, but testing it at intervals. As soon as the hair can be easily removed, wash it off quickly and massage the following into the reddened spot for three minutes:  
Quince seed jelly ..... 4 parts  
Glycerine ..... 1 part

P. R. S.—What can I do to make my sunken or hollow cheeks more plump?  
Eat fatty and greasy foods, sweets, pastries, starches, apples, butter, oils, ham, pork, green vegetables, fresh fruits and cereals. Drink plenty of distilled water cream, milk and olive oil. Massage your face with olive oil, sweet oil or cottonseed oil.

R. M.—What causes my wife to have black spots before her eyes?  
A—Your wife should eat more green vegetables, spinach, carrots, plainly boiled Spanish onions, watercress, lettuce, young peas, boiled dandelions, vegetables with salad oil, rice, brown bread, corn bread, bran crackers, clear soups, such as beef, mutton, chicken, cybers and clam, all kinds of fish, fresh meats, game, poultry, stewed, grates, steamed, baked, soup, apples, dried fruits, grapes, oranges, plain puddings, banana, plum, gingerbread, honey and cereals; drink three quarts of distilled water daily; two glasses one-half hour before meals; take one teaspoonful of milk of magnesia before meals, six charcoal tablets after eating, and one wineglassful of olive oil about half an hour after meals. He should be outdoors in the sunlight and fresh air most of the day, and sleep ten hours in the twenty-four. Urge her to take several hours' active exercise daily, and join a gymnasium.

H. J. M.—Q. I am troubled with lame back. It is a severe, dull, aching pain, early hours before getting out of bed and eases up during the day. Also the muscles back of my knees are swollen. What can I do?  
A—You need more rest, arches under your feet, and physical culture exercises. Your diet should be light. Eat green vegetables, clear soups, ginger bread, cereal, cabbage, celery, spinach, figs, prunes, dates, pears, stewed

Dr. Hirschberg will answer questions for readers of this paper on medical hygiene and sanitation subjects of general interest. He will not undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest letters will be answered personally, if a stamped and addressed envelope is inclosed. Address all inquiries to Dr. L. K. Hirschberg care of The Washington Times.

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## BOOK REVIEWS

THE STEPPES. By Anton Tchekhoff. Published by Frederick A. Stokes Company, New York. Price, \$1.25 net.

This collection of long and short stories by this talented Russian contains several gems—wonderful examples of that passion for the smallest detail which distinguishes the writers of the modern Russian school. Translated into English by Adeline Lister Kaye, who, in a preface, also gives a brief synopsis of each story, the book forms an interesting addition to the art of short story telling.

The most gripping tale is that of "The Steppes," the story from which the title for the volume is taken. The finest portrayal of Russian character is perhaps that of a certain Belikov, in the story called "He Who Wore a Hat."

The book contains nine stories, all interesting and readable, and is a work to be published in this country.

COMMON SENSE APPLIED TO WOMAN SUFFRAGE—By Mary Putnam Jacobi.

Published by G. P. Putnam's Sons, New York. Price, 60c.

Coming at a most opportune time, this second edition of Mrs. Dr. Jacobi's masterly work is sure to have a ready sale for use as both text book and reference work.

In the introduction to this edition is written by Frances Maule Bjorkman, and contains a brief biography of Dr. Jacobi's varied, interesting, and intensely useful life.

The book itself contains in its nine chapters all the material even the most ardent advocate of equal suffrage will be needing during the coming months. Of particular advantage to the women of the State of New York at the present moment, Dr. Jacobi's dignified and accurate book fills a present need. The first edition which appeared in 1884 has been revised somewhat, but essentially the arguments are the same.